

Wellness Activities

Clean out a space and donate what you no longer use	Get 7-8 hours of sleep	Talk with a friend	Write about how your struggles have made you a stronger person	Yoga
Try a new art or craft	Take a belly breathe	Write a kind note to a friend and deliver it.	Use Positive Self-talk	Play a board game
Eat a colorful healthy meal	Try a new exercise	Practice prioritizing your values	Tell 3 people that you are grateful to have them in you life	Create a to do list and cross of items as you accomplish them
Recycle	Enjoy a laugh with friends	Do an outside activity after school for 30 minutes	Have a dance party	Take a social media break for a day and focus on life around you
Take 5 deep breaths, counting to 5 on each inhale and exhale	Drink 5 cups of water in a day	Draw a self portrait and list what you like most about yourself!	Turn on your favorite playlist and enjoy!	Try a new healthy food